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July 21, 2006

MEMORANDUM

NSLP 2007-7
RCCI 2007-8
SMP 2007-5

To: All Sponsors

From: Pat Cook and Katherine Stewart, RD, CPFM
Office of Child Nutrition and School Health
Nutrition Education Program Consultants

Subject:

The United States Department of Agriculture (USDA) has issued a brochure to provide lifestyle instruction in nutrition and activity. "Your Personal Path to Health: Steps to a Healthier You!", provides tips based on MyPyramid's five food groups plus oils and discusses managing portion sizes; eating out at restaurants; being physically active; and budgeting calories for treats, sweets, and caloric beverages. This brochure was cooperatively developed by the International Food Information Council (IFIC) Foundation, the Food Marketing Institute (FMI), and the USDA Center for Nutrition Policy and Promotion (USDA/CNPP).

An electronic copy of the new brochure is attached. You can also access it online at:

<http://www.ific.org/publications/brochures/pyramidbroch.cfm>
<<http://www.ific.org/publications/brochures/pyramidbroch.cfm>> .

To purchase bulk copies, contact IFIC at 202.296.6540 (\$15.00 per packet of 50 plus shipping).

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